

School Nutrition Services

Reimbursable Meals & Offer vs. Serve

How To Create A Meal

- Eat a minimum of 3 food groups and a maximum of 5
- Start with a Fruit or Vegetable (or both)
- Add Whole Grain, Lean Protein and a serving of Milk



+ = Meal

+ + = Meal

+ + = Meal

+ = **Not a Meal**
No fruit or vegetable

How To Create A Breakfast

- Eat a minimum of 2 food groups and a maximum of 4
- Start with a fruit, juice or both
- Add an entree (grain and/or protein) and a serving of milk.



+ + = Meal

+ + = Meal

+ + = Meal

+ = **Not a Breakfast**
No fruit

+ = **Not a Breakfast**
No fruit